

PEANUT BUTTER ENERGY BALLS

PREP TIME: 10 MINUTES

Ingredients:

1 cup quick oats
1/2 cup peanut butter
1/3 cup local honey
1 tsp vanilla extract
1/2 cup ground flax seed
1/2 cup chocolate chips



Directions:

In a medium sized bowl, combine all of the ingredients. Mix well with a spoon - it will be sticky!

With your hands form as many golfball-sized pieces as you can. Wet hands will help keep everything from sticking to you.

I find that these are most yummy when they are eaten cold. Store in a container in the fridge!

SUBSTITUTIONS: can use natural peanut butter if preferred, but may have to increase amount of honey to ensure it is sticky enough.

NOTES: make sure to store your ground flax seed in the fridge. Use normal sized chocolate chips, not the really mini ones.